Healthy Recipe: Mexican Cabbage Salad

If you’re looking for a creamier “slaw,” add a little plain Greek yogurt until it’s your desired texture.

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Need to add a little crunch and brightness to your tacos? This is the salad you’ll want to have on hand. It’s rich in phytonutrients and ingredients with known anti-inflammatory properties, plus it keeps in the fridge for over a week thanks to a mix of hardy (and inexpensive) vegetables.

15 min prep

4 servings

Ingredients

3 limes, juiced

1/2 tablespoon dried oregano

1 teaspoon salt

4 cups thinly sliced green cabbage

1 carrot, shaved with a vegetable peeler

Directions

1. In a large bowl, combine cabbage and carrot. Add lime juice mixture, combine with vegetables, and let sit for 15 minutes. (The salad will taste more flavorful and seasoned the longer the vegetables sit in the lime juice and salt mixture.)
2. Taste for seasoning, and use as a condiment for tacos, roast meats, or to add crunch to leafy green salads. Salad can be kept in an air-tight container for up to two weeks.

Nutrition Facts (per serving)

Calories: 45; fat: 0g; saturated fat: 0g; polyunsaturated fat: 0g; monounsaturated fat: 0g; carbohydrates: 12g; sugar: 5g; fiber: 4g; protein: 2g; sodium: 360mg

Chef Tips

If you're looking for a creamier "slaw," add a little plain Greek yogurt until it's your desired texture and be sure to taste and adjust for seasoning.

Registered Dietitian Approved

All our recipes are created by chefs and reviewed by our oncology-trained staff Registered Dietitian, Kate Ueland, MS, RD, to ensure that each is backed with scientific evidence and meets the standards set by the Academy of Nutrition and Dietetics.

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